

**LATINO OUTREACH THROUGH THE ARTS**  
**By Karen Zarsadias-Ige, Public Information Officer II**



On Tuesday, May 21<sup>st</sup>, the Los Angeles County Department of Mental Health (LACDMH) sponsored and hosted the “Latino Outreach through the Arts” at the California Endowment Center in downtown. The day-long event, part of the festivities recognizing May as Mental Health Awareness Month, celebrated the artistic talents of clients and family members. All over the courtyard, consumers and their relatives proudly displayed their arts and crafts.



“The arts shared today are among our best expressions of the message of hope, resiliency and recovery we can offer to the community. This event has become one of the key annual ‘May Is Mental Health Month’ functions. It is a symbol to the community of the commitment and hard work by the Latino Outreach volunteers responsible for spreading our message of compassion and service,” stated Cathy Warner, L.C.S.W., LACDMH Deputy Director, Adult System of Care.



The day's events included a panel discussion ("The Recovery of Clients at Wellness Centers"), several workshops ("Music to Celebrate Mental Health", "The Benefits of Painting", "Yoga, Physical and Mental Health", "Crafts & Recovery", and "Theater & Mental Health"), a play ("Tomar o No Tomar") by Teatro Amanecer, various dance and musical performances, and arts and crafts exhibits. Ruffled gifts and awards were also given out throughout the day.

